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# Social Paper: Hashini Senaratne

## Hashini Senaratne

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## INTRODUCTION

I am a PhD candidate of the HCI and Creative Technologies group of Faculty of Information Technology at Monash University, Australia. Coming from a computer science and engineering background, I am interested in exploring novel human-driven technologies for areas such as health and education. My prior research includes designing an extensible and modularized robotic platform for children to facilitate STEM education. Recently, I have developed my enthusiasm in researching on how technology can be designed to increase the efficacies of mental health interventions through mobile technologies. Relating to this interest, I commenced my PhD research a year ago under the supervision of Dr. Kirsten Ellis, Prof. Sharon Oviatt, and A/Prof. Glenn Melvin; a multidisciplinary team of representing Information Technology, and Psychiatry and Psychology.

## CURRENT RESEARCH

Under my PhD research project, I investigate designing efficacious technologies for self-regulation of anxiety, anywhere and anytime. By identifying the individual differences in anxiety through different dimensions; cognitive symptoms, behavioral symptoms, physiological symptoms, and phases of anxiety disorders, this research aims to answer how to provide suitable treatment components for individual end-users at a given time in an efficacious manner. Designing and evaluation of the technologies involve multiple methods and input from multiple stakeholders: mental health professionals, human-computer interaction experts, and young adult patients with anxiety disorders. A preliminary design process framework is generated to facilitate the extraction of rigorous and in-depth design considerations for the proposed technologies. This design framework will be presented at CHI'19 as a late-breaking work [1]. In the next stage of this research, novel mobile technologies will be prototyped based on the data extracted from mental health professionals treating anxiety disorders.

## REFERENCES

- [1] Hashini Senaratne, Kirsten Ellis, Sharon Oviatt, and Glenn Melvin. 2019. Designing Efficacious Mobile Technologies for Self-Regulation of Anxiety. In *Proceedings of the 2019 CHI Conference Extended Abstracts on Human Factors in Computing Systems (CHI EA '19)*. ACM, New York, NY, USA, 6. [Accepted].